

ALTON TRAMPOLINE CLUB RISK ASSESSMENT: COVID-19 RISK ASSESSMENTDate of Last Review: 19th September 2020**Scope**

To assess adaptations and identifying additional risks in running Trampoline sessions in order to minimise the chances of transmission of the COVID-19 coronavirus.

To cover additional hazards not covered in main Club Risk Assessment.

What are the hazards?	Who might be harmed and how?	Controls	What further action need to be considered?	Action by who?	Action by when?	Done
Lack of information on how to act appropriately to minimise the risk of COVID spread	Club members / coaches parents / general public.	<ul style="list-style-type: none"> • Committee to meet to agree a strategy and provide a general risk assessment (RA). • Coaches to meet to ensure they fully understand the measures to be put in place and to suggest updates to the RA where appropriate. • Club members to be advised, prior to returning, of the measures that will be in place and what actions they are required to take. • All club members and families to be invited to propose to the Committee any changes to practice – review and openness will continue to be at the heart of the club. • Volunteers for the club (not coaches) to be given clear guidance as to how to support where appropriate. • A club policy on Test & Trace to be issued to ensure timely response to any potential risk and communication to all affected immediately – including the necessary government guidelines 	<ul style="list-style-type: none"> • Committee to meet to decide way forward using input from BG, Sports Centre and Government guidelines. • Coaches to review and agree proposed RA and implementation guidelines for training. • Clear information to be sent to all members/volunteers prior to a re-start of training – to include an information sheet for attendance. • Clear guidance to be given to all those involved with the club on Test & Trace. • Purchase to be made of necessary products for hygiene, cleaning and sanitisation. 	Exec Committee to action all points	August 2020	Done
Getting or spreading coronavirus by:	Club members / coaches parents / general public.	<ul style="list-style-type: none"> • Alton Sports Centre will provide clear guidance for use of the facilities in general this should be 	<ul style="list-style-type: none"> • British Gymnastics have sent through posters and a banner reminding users of 	MW to bring BG safety material to club once	Sept 2020	

<p>Not washing hands or not washing them adequately.</p> <p>Coughing without covering the mouth and nose.</p> <p>Not abiding by sports centre, BG or club guidance.</p>		<p>followed by all and will be regulated by the sports centre staff.</p> <ul style="list-style-type: none"> Alton Sports Centre will provide level of hygiene and sanitisation facilities and products as required by government guidance as a minimum. This will include having hand sanitiser readily available throughout the site and at the entrance to the Sports Hall, along with water, soap and drying facilities in their toilet areas. Clear signage for all coaches, members, volunteers and public. Advising members to follow government health guidance Advising members to bring their own personal hand sanitiser, tissues, masks etc to sessions. Also to restrict the personal items they bring to sessions which may be a source of infection. Club will also provide hand sanitiser which can be used during sessions. Members who have performed body landings will be advised to clean hands immediately following their turn. 	<p>hand hygiene. These can be displayed during sessions.</p> <ul style="list-style-type: none"> Additional club signage to be used to support local and specific use. 	<p>sessions return [MW].</p> <p>Club to issue COVID-19 protocol to members prior to sessions restarting [JP]</p>	<p>Sept 2020 (prior to first training session)</p>	
	<p>Club members / coaches parents / general public.</p>	<ul style="list-style-type: none"> Members to be advised to arrive to sessions in training attire (although wearing suitable clothing while outside e.g., may wish to wear trousers while walking in from outside if training in shorts). 	<ul style="list-style-type: none"> No further action required for communal areas. Club will introduce training area rules. Communicate new rules to club members. 	<p>Additional training rules to be proposed –see below</p>	<p>Start of training</p>	

<p>Getting or spreading coronavirus in common use high traffic areas such as canteens, corridors, rest rooms, toilet facilities, entry/exit points to facilities, lifts, changing rooms and other communal areas</p>		<ul style="list-style-type: none"> • Members requested to only bring to training items required for the session in order to minimise the number of items that may cause a spread of disease. • Alton Sports Centre will provide clear guidance for travel through the facility to the Sports Hall. 				
<p>Getting or spreading coronavirus by not cleaning surfaces, equipment and workstations</p>	<p>Club members / coaches parents / general public.</p>	<ul style="list-style-type: none"> • Following advice from British Gymnastics and Agility Risk & Compliance Ltd. • Only matting / trampolines required for the session will be set up and used. • Majority of surfaces used in session are vinyl (e.g., Trampoline mats and edges, safety mats). These are to be wiped down with blue towel and soap/water or a diluted bleach product as per government advice.** • The vinyl surfaces used during each session will be wiped down a minimum of the beginning of each session. (to include between two back to back sessions). The frequency may be increased at the discretion of the Head Coach / coach responsible for the area of the trampoline being used. • Areas where there are visible body fluids, or a user has developed COVID-19 symptoms are to be 	<ul style="list-style-type: none"> • Club to purchase additional blue towel / mops and cleaning chemical. 	<p>Blue towel and cleaning chemicals to be purchased.</p>	<p>Sept 2020 (prior to first training session)</p>	<p>Done</p>

		<p>cleaned immediately using gloves to reduce risk.</p> <ul style="list-style-type: none"> • Socks to be worn during session, to prevent bare feet from having contact with floor mats / carpet. • During sessions, members are allocated to specific groups and trampoline(s). They will remain in the same group and trampoline(s) for the duration of the session in order to reduce the potential spread of any contamination through touched surfaces. 				
<p>Mental health and wellbeing affected through isolation or anxiety about coronavirus.</p> <p>Other issues that may affect this include family members affected by coronavirus or shielding.</p>	<p>Club Committee, Coaches, members and their families.</p>	<ul style="list-style-type: none"> • Zoom calls set up prior to training commencing to enable committee / coaches to keep in touch. • All coaches / committee given opportunity to raise concerns. • Risk Assessment shared with all coaches / committee, including in the creation of it. • All members have been emailed (prior to training restarting) and asked if there are any changes to health and wellbeing that the club should be made aware of. • All gymnasts should be asked how they have been since they were last at the club and how they are feeling now and whether there are any current or previous concerns. This will show that the club is interested in them and provides an opportunity for them to tell you anything which may be of a 	<ul style="list-style-type: none"> • Final version of this Risk Assessment to be shared to coaches and committee. • Risk Assessment to be made available to all members and general public. • Additional club procedures to be circulated to members. 	<p>Risk Assessment to be shared with coaches, committee and members [MW/JP]</p> <p>To be added to website [MW / JA]</p>	<p>Aug 2020</p>	<p>Done</p>

		<p>concern. Their behaviour and demeanour should also be monitored by coaches.</p> <ul style="list-style-type: none"> • Coaches to assess fitness for participation and behaviour during sessions and will stop / reduce training if they deem it necessary. 	<ul style="list-style-type: none"> • Reinforce to coaches being able to assess levels of fitness. 			
<p>Contracting or spreading the virus by not social distancing</p>	<p>Club members / coaches parents / general public.</p>	<ul style="list-style-type: none"> • Recognising that maximum number of members to be kept so that all can social distance with minimum 2m. • No maximum number provided by Alton Sports Centre. Hall space booked (2 or 3 badminton courts depending on session) is sufficient to allow this with the usual number of members booked into session (max of 6 members per trampoline, but club tries to keep this to 4). • Important that areas around trampolines are kept clear of non-Trampoline Club equipment (e.g., mat trolleys) in order to ensure sufficient space for members. • Conditioning to be set up so that members can work without physical contact with another person. Time spent facing other gymnasts should be kept to a minimum. • Skills taught by coaches to not employ physical contact (e.g., supporting) until the government remove / review social distancing measures. • Spotting beside the trampoline still required for safety, as guidance 	<ul style="list-style-type: none"> • Alton Sports Centre to be reminded of importance not to reduce available space for Trampoline Club sessions, as has been reported pre-March 2020. 	<p>Email Alton Sports Centre alongside this Risk Assessment to request equipment not to be left in space booked by Trampoline club [MW]</p>	<p>Aug 2020</p>	<p>Done</p>

		<p>refers to 'maintaining social distancing where possible', so for safety a 'spotter' may intervene and make physical contain in situations where a performer on the trampoline is unsafely heading to the side / off the trampoline. In these instances the people involved will be asked to ensure they wash / sanitise their skin appropriately immediately afterwards.</p>				
<p>Exposure to workplace hazards because it isn't possible to get normal personal protective equipment (PPE)</p>	<p>Club members / coaches parents / general public.</p>	<p>Face coverings</p> <ul style="list-style-type: none"> • Face coverings not required by gymnasts. British Gymnastics and the government do not recommend the use of these during sports activities, and may restrict breathing efficiency. <p>British Gymnastics have advised that "DCMS guidance does not make it compulsory for coaches to wear a mask / face covering". Coaches are free to choose should they wish to wear such coverings.</p> <ul style="list-style-type: none"> • Face coverings should be worn if advised in movement around the Sports Centre by government advice. <p>Coaching</p> <ul style="list-style-type: none"> • Coaches should adhere to social distancing guidelines, therefore would not require PPE. • PPE is recommended by first aid purposes. Members requiring first aid from other people should be referred to the Sports Centre staff, 				

		as they are responsible for having qualified first aiders on site.				
Contracting the virus by being in the vicinity as someone else with the virus	Club members / coaches parents / general public.	<ul style="list-style-type: none"> • Members asked not to attend training if feeling unwell, or should any member of their household be self-isolating. • If any member displays symptoms during the session (ie., cough, fever, shortness of breath, sore throat) they are to be kept in an area away from others and parent/guardian to be contacted. • Should a known COVID-19 case occur with a member of the club or an individual identified as being a contact of a known case the individual(s) should be placed in isolation and follow the Hampshire County Council guidelines. The club welfare officers and the person responsible for COVID-19 at the club should be immediately informed. <p>All known cases are also to be reported to British Gymnastics.</p> <p>As part of the government Track and Trace system the NHS may ask the infected person or their carer(s) to provide details of anyone they have been in contact with. The Club will maintain a register of those attending training for a minimum of two weeks and may be asked to provide personal details of members to the NHS track and trace should they request it.</p>	<ul style="list-style-type: none"> • Communicate new rules to members. • Clear guidance to be given to all those involved with the club on Test & Trace. 			